

AIRLIFT **Dispatch**

Vol. 43, No. 37

437th Airlift Wing, Charleston AFB, SC

Friday, September 17, 2004



Photo by Airman 1st Class Darnell Cannady

Happy 57th Birthday

(From left to right) Airman Dominique Bolen, 437th Mission Support Squadron; Col. Brooks Bash, 437th Airlift Wing commander; Col. Gary Cook, 315th Airlift Wing commander; and Airman 1st Class Daniel Snively, 315th Aircraft Maintenance Squadron, take part in the ceremonial cake cutting in celebration of the Air Force's 57th birthday at the Air Force Ball held at the Charleston Area Convention Center Saturday. For more photos of the evening's festivities, see Page 12.

HELPING OUT

**CFC kicks off 2004
campaign**

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WINNERS

**Charleston NCOs take
top honors**

Page 5

MISSION POSSIBLE!			
Charleston departures	11,730	Personnel deployed	695
Mission reliability	94.0%	Reservists activated	696
Cargo moved (tons)	56,602	(Jan. 1 to Sept. 14, 2004)	

Team Charleston: One family, one mission, one fight!



Air Force Ball

A huge thanks to the **437th Airlift Wing Protocol office** and the **Air Force Ball committee** for coordinating a fantastic event Saturday. The top-notch food, music and camaraderie were the perfect way to celebrate the Air Force's 57th birthday.

This event also provided an opportunity to remember Patriot's Day, and those who lost their lives on 9/11, and our fellow service members who continue to wage the War on Terrorism. Thanks again for all the hard work that went into putting on this great event!

Congratulations Graduates

Congratulations to our most recent Noncommissioned Officer Academy graduates.

Charleston did extremely well this class and brought home six awards. The John L. Levitow winner was **Tech. Sgt. James Randall**, 437th Maintenance Squadron. Distinguished Graduates were **Tech. Sgt. Julie Brannan**, 437th Comptroller Squadron; **Tech. Sgt. Richard Spotts**, 373rd TRS and **Tech. Sgt. Darren Schenck**, 437th Civil Engineer Squadron. The Commandant's Award went to **Tech. Sgt. Terry Wright, Jr.**, 16th Airlift Squadron. **Tech. Sgt. Darren Schenck** also earned the Academic Achievement Award. Great job to all of you! For the list of graduates see page 5.

Safety emphasis item

It's nice to listen to some music when jogging, but the DOD prohibits the use of portable headphones or other listening devices while operating a motor vehicle and while jogging, walking, bicycling, skating or skate boarding on roads and streets on DoD installations. Use of these devices impairs driving and prevents recognition of emergency signals, alarms, announcements, the approach of vehicles and human speech.



(From left to right) Airman Dominique Bolen, 437th Mission Support Squadron; Col. Brooks Bash, 437th Airlift Wing commander; Col Gary Cook, 315th Airlift Wing commander; and Airman 1st Class Daniel Snively, 315th Aircraft Maintenance Squadron, look on as the Honor Guard Saber Team perform during the Air Force Ball Saturday.

Great Run Team Charleston

Last week's fun run was a huge success! Close to 500 people participated and I saw great spirit and camaraderie amongst the runners. A warrior spirit (and a good round of pushups) earned the 14th Airlift Squadron the Spirit Trophy.

Keep your running shoes ready because October 15th will be my final Fun Run as your commander, let's make it a record breaker!

Have a great week, and thanks for what you do every day!

Action line

Kudos to the Fitness center, flashing red lights explained

Q: I would like to express how good the gym looks! I use it on a daily basis. I started to run again, and even went on the new spongy track, and that is really nice too.

A: Thank you for your call. In May, the Fitness & Sports Center finished the last of three renovation projects that started in December 2002. We invested more than \$700,000 during this time in support of the new Air Force Fitness Standards and Air Force Chief of Staff's "Fit to Fight" guidance.

Over the two-year period we upgraded and doubled the size of the women's locker room, built a new selectorized strength room, added the first DVD interactive indoor cycling room in the U.S., refurbished the

facility with new carpets and walls, and built a new basketball floor. All the improvements were part of an overall plan based on customers' input, troop readiness requirements, and providing a quality product.

Over the past two years, we have also equipped the Fitness Center with more than \$200,000 in the latest strength training machines and state-of-the-art cardiovascular equipment. In the past two years, the Fitness Center staff provided hundreds of individuals with personal training programs, offered more than 700 fitness instructional classes, conducted thousands of intramural sporting contests, and assisted with thousands of customers participating in the commander's fun runs. All of this has given us a great facility, dedicated staff, and the fittest base in the command. Thank you for recognizing our efforts.

Q: Recently many innocent people were ticketed for not coming to a complete stop at the intersection where you turn right to get off base. We were some of those "lucky" individuals. Why do you have a blinking red light there? If you wanted to make everyone come to a complete stop there, wouldn't a solid red light make more sense. We have been driving on this air base since 1981 and this is the first time we have ever been stopped. And, to do such a thing on people's lunch hour just

caused traffic conditions to be worse than they already are and made a lot of people late returning to work. Please consider a solid red light there so others won't be penalized as so many were today.

A: Thank you for your call. The recent gate construction projects have caused several disruptions in the normal flow of traffic. Consequently, the light at O'Neal and Hill Blvd was switched to a flashing red or yellow light to help the traffic congestion during the peak traffic times throughout the day. The light on the O'Neal intersection flashes yellow from 6 a.m. to 2:15 p.m. to allow in-coming base traffic easier access and cut congestion at this very busy intersection. The light on Hill Blvd switches to yellow at 2:15 p.m. to allow traffic to flow smoothly out of base. As a reminder, South Carolina Criminal & Motor Vehicle Law, 56-5-1000 states; "Flashing red (stop signal)...drivers shall stop...the right to proceed shall be subject to the rules applicable after making a stop at a stop sign." I appreciate your concern and remind all base personnel to be patient and cautious while driving.

-Col. Brooks Bash
437th Airlift Wing commander

437AW.action@charleston.af.mil or
call 963-5581

Secretary, chief send Air Force birthday message

WASHINGTON — The following is an Air Force birthday message from Secretary of the Air Force Dr. James Roche and Air Force Chief of Staff Gen. John Jumper:

"Happy birthday to the Airmen of the world's greatest air and space force! Our 57 years of history may be short, but they are packed with astounding accomplishments.

"We've broken the sound barrier, expanded military operations to the reaches of space, ushered stealth technology and precision-strike capability into modern warfare, delivered humanitarian aid to austere locations, jointly won the Cold War and provided decisive air and space power for wars in Korea, Vietnam, the Balkans, Afghanistan and Iraq. Your dedication to excellence, your integrity and your faithful service is recognized and appreciated by all Americans.

"Since our inception in 1947, America's Air Force has flown lead in

defending peace and freedom around the world. That legacy was made possible by millions of professional Airmen dedicated to accomplishing critical missions with total success.

"Today, you are the torchbearers of our legacy. You are performing remarkably across the globe delivering aid to people in need and defending and protecting our great nation from emerging threats and new enemies. Your competence, dedication to the mission and pride of service is renowned.

"We know you also have wonderful families who support your long hours and deployments away from home. We are grateful for their support.

"You represent the strength and patriotism of our great nation. America is proud of our Air Force because of you. Thanks for your service and again, happy birthday!" (AFPN)

Great American Patriots shaped who we are

By Lt. Col. Daniel Flynn
437 MDSS commander

During World War II, Pfc. Ernest Uno, a Japanese-American with the famed 442nd Regimental Combat Team, sent a letter to his sister, expressing why he was willing to sacrifice his life to preserve freedom.

"I know now, for certain, what we are fighting for! Our mission is to free all nations of oppression. Give the children of this, and the coming generations a chance to grow decently, and learn the true meaning of the Four Freedoms (speech/ expression, religion, from want, and from fear)."

These compelling words, written in a time when our country struggled against a foreign tyranny that threatened the world, remind us how much the veterans of this nation willingly accepted their oath of duty, placing country before all else and went onto sacrifice their lives to provide hope for those without freedom and preserve it for us at home.

Today, we enjoy a nation of economic, political, cultural and military strength. This status, envied by the rest of the world, did not occur overnight. It was forged with the blood, tenacity and devotion to duty of our "Great American Patriots", known as our veterans. It was their devoted service, and love of freedom and justice that will forever define their greatness. More importantly, they shaped the fabric of our

worth repeating

"I encourage all of you to value their contributions to our nation's history by seeking out their story."



Lt. Col. Daniel Flynn
437th Medical Support Squadron, commander

nation's greatness. They built the cornerstones of military core values such as honor, courage, duty, integrity and service for today's Airmen, Soldiers, Sailors and Marines. Our Great American Patriots took pride in their accomplishments because they held a strong belief their actions supported a higher cause, giving succeeding generations an opportunity for a better life free from oppression ... and succeeding generations have enjoyed the gifts of liberty and freedom.

Perhaps the greatest example they have given us is one of humility; never asking for special consideration because of their contributions to our nation or allowing their adversities to cripple their successful journey through life.

This year celebrated the veterans of World War II with the commemoration of the World War II memorial, the 60th Anniversary of the D-Day invasion, and the annual Veterans Day celebra-

tion. I argue we should celebrate our veterans daily. You see these patriots every day, not in military uniform, but still in service to our country. With each face you encounter, there is a story. They work on the flightline — they appear undistinguishable from the civilians and willing to work weekends, but served our nation years before in the jungles of Vietnam, and they smile as they hand you your medications while volunteering their service in the pharmacy. They survived the frozen ground they treaded in Korea and now they are part of the veterans of foreign war honor guard saluting a fellow patriot whose time of service to our nation has ended yet deserves to be honored with dignity and respect.

As they continue their lives without fanfare, I encourage all of you to value their contributions to our nation's history by seeking out their story — the one behind the face so easily overlooked.

We do not know what lies ahead for this nation. Yet we are certain our "Great American Patriots" represent the very best in all of us. It is through their examples and strength of character that allow us to do what is right, triumph over evil and keep America strong. Perhaps, the following quote sums it up — *"A patriot is one who loves his land, prizes its principles and cherishes its creed. A patriot so reveres the ideals of his home country that he is willing to lay down his life to ensure that those ideals endure!"* (Secretary Rumsfeld, Arlington National Cemetery, Sept. 11, 2003)

AIRLIFT Dispatch

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2004 CFC campaign season begins

Staff Sgt. Jennifer Arredondo
437 AW Public Affairs

Team Charleston members helped the Trident Area Combined Federal Campaign start its fund-raising season for 2004 with a kickoff breakfast held Monday at the base chapel.

The CFC campaign for Charleston, which helps federal employees donate money to charitable causes, will be held until Oct. 30.

"The breakfast is a kickoff to the official start of the CFC for Charleston," said Senior Master Sgt. Roger McMillan, 437th Airlift Wing CFC representative.

"All squadron and group representatives and base personnel were invited to the function," Sergeant McMillan said. "We will also hold a golf tournament, with a date to be determined, and a bowl-a-thon Oct. 15," said Master Sgt. Sarah Coleman-Lee, 437 AW alternate

CFC representative.

"The goal for this year's campaign is 100 percent contact of all personnel with the monetary goal of \$230,000. This goal was established based on the number of personnel assigned. There are also group and individual squadron monetary goals based on the number of personnel assigned," said 2nd Lt. Trevin Murray, 437th Mission Support Group CFC representative.

"There are over 1,700 international, national and local charitable organizations to choose from," Lieutenant Murray said.

"Donations can be made by a one-time cash, check or money order. People can also donate through payroll deductions for

one year, beginning in January 2005 and ending in December 2005," Lieutenant Murray said.

Money donated during the campaign will be distributed throughout the local area and the base.

"There are over 70 local organizations in the Charleston area that benefit from CFC contributions," said Lieutenant Murray. "The youth program here on base also benefits from contributions made."

Sergeant McMillan explained why it was important to donate to the CFC.

"This is an opportunity to change other people's lives. When small contributions are combined together, it can make

a difference for those in need."

"By donating, you are able to make a big impact on the quality of life for our people on base and in the community," Sergeant Coleman-Lee said.

"I like the fact there are so many organizations to choose from," said 2nd Lt. Sarah Haarer, 437th Maintenance Group CFC representative.

"There are many agencies that have touched people's lives, and they can relate to those agencies," she added. "You are able to choose an agency you have used in the past or you may know an agency that someone from your family has benefited from."

Tech. Sgt. Ricky Paradise, 315th Airlift Wing, CFC representative, summed up why it is important to give to the campaign.

"It makes you feel good about yourself knowing you are giving back to the community," Sergeant Paradise said.



19 NCOs graduate from academy

Nineteen Team Charleston NCOs completed the Noncommissioned Officer Academy Sept. 9 at Robins AFB, Ga.

Tech. Sgt. James Randall of the 437th Maintenance Squadron brought home the John L. Levitow Award as the No. 1 graduate of the class.

Distinguished graduates from the class were Tech Sgt. Julie Brannan of the 437th Comptroller Squadron, Tech Sgt. Richard Spotts from the 373rd Training Squadron Det. 5, and Tech Sgt. Darren Shenck of the 437th Civil Engineer Squadron. Tech Sgt. Terry Wright of the 16th Airlift Squadron received the Commandant's Award.

The following technical sergeants also graduated with the class:

1st Combat Camera Squadron:

John Foster and John Houghton

437th Airlift Wing:

Caroline Deal

437th Aircraft Maintenance Squadron:

Christine Fish, Christopher Gulotta, Alfred Remo, Marc Robinson and Neil Singletary

437th Aerial Port Squadron:

Martin Zamora

437th Civil Engineer Squadron:

Shawn Lindsey

437th Logistics Readiness Squadron:

Kenneth Mayo and Jeffery Mercer

437th Maintenance Group:

Michael Robinson

437 MXS

Daniel McOmber

437th Maintenance Operations Squadron:

Eric Landry



Photo by Airman 1st Class Darnell Cannady

Going the distance

Team Charleston members run the last few yards in the Commander's Fun Run 5k race Sept. 10. Those who finished the race received a coin commemorating 9/11.

Base to hold junior enlisted block party

By Tech. Sgt. Ben Gonzales
437 AW Public Affairs

The 437th Airlift Wing is scheduled to hold an Oktoberfest junior enlisted block party from 11:30 a.m. to 6 p.m. Sept. 24 between dorms 473 and 466 near Arthur Drive.

This will be an alternate duty location and is free for all active and Reserve E-6s and below to thank all base Airmen for their hard work and contributions in the global war on terror.

All of Team Charleston is welcome to attend the festivities, which include a live band, prizes, food, beverages, a local radio station, and a series of challenge volleyball games. There is no charge for technical sergeants and below,

while all others are asked to make a \$5 donation.

Although the celebration is designed for those with five or less stripes, all ranks and base civilian workers are welcome to attend to show their gratitude to their coworkers.

"This block party is the base's way of saying thank you to our junior enlisted members who work so hard to keep the mission flowing

"Oktoberfest is an annual event and recognizes the tremendous efforts made by Charleston's Airmen in the past year."

"Our junior enlisted Airmen are the backbone of the Air Force and are the one's who get the job done," said Chief Master Sgt. Melvin Willis, the 437 AW command chief. "They continue to stand tall and lean forward to ensure the C-17s fly to accomplish our nation's objectives around the world.

We are winning the war on terror thanks to the dedication and hard work of our Airmen. We need to take the time to express our sincere appreciation to the men and women of Team

Charleston who continually serve our country by safely moving people and equipment in this crucial time of our country."

437th AW 2004 Junior Enlisted Block Party



Sponsored by Charleston Top 3

so smoothly," said Master Sgt. Michael Van Sant from the 437th Communications Squadron and project officer for Oktoberfest.

Blotter

Noisy guests, damaged vehicles reported to security forces

The following are some of the responses by the 437th Security Forces Squadron from Sept. 6 to Sunday and are printed to raise awareness of resource protection and safety.

Anyone with information regarding these or any other incident,

please call security forces at 963-3600.

Accidents

■ An Airman reported another vehicle struck his vehicle while the driver was backing out of a parking space at the finance building. The driver of the second vehicle was issued a citation for inattentive backing resulting in an accident.

■ An Airman reported a vehicle had backed into her vehicle in the BX parking lot. The individual exited her vehicle along with the other driver to assess damage to the vehicles. Then the second driver left the scene of the accident. Security forces con-

ducted a search for the individual, but were unable to identify the person.

■ An Airman reported he was backing away from Hangar 700 when his government vehicle struck a concrete post.

■ An Airman reported a vehicle accident had occurred at the entrance of Hunley Park Gate. Charleston County Emergency Medical Service arrived at the scene and transported the victim to Trident Medical Center.

Traffic stats

■ Security forces cited 30 drivers for speeding, seven drivers for failure to stop at a posted stop sign or traffic light, one driver for an improper u-turn, and one driver for expired tags.

Crime watch

■ An Airman reported to security forces he discovered five shirts from his laundry missing. He told security forces he checked all washers and dryers, but was unable to locate the shirts.

■ An Airman reported to security forces an individual had opened an account with a major cellular phone company using his name. He called the cellular phone

company and advised them he had not opened the account.

■ A Soldier reported the bumper on his vehicle was damaged after being parked at the bowling alley.

■ A civilian, staying at the Inns of Charleston, reported loud noises coming from the room next to him. An investigation revealed there were several individuals in the adjacent room being loud. The individuals were instructed to keep the noise down.

Safety awareness

■ A civilian called the fire department to report another civilian had passed out while working in a hanger. CCEMS responded and took the individual to Trident Medical Center for further observation.

■ An Airman reported another Airman was having chest pains and had difficulty breathing. CCEMS responded and transported the individual to Trident Medical Center for further observation.

■ An Airman reported a family member was having a seizure. CCEMS responded and transported the individual to Medical University of South Carolina for further observation.

DUI/DWI Statistics

Last incident: 38 days

2004 total: 15

2003 total: 18

Members receiving a Driving Under the Influence must report to the wing commander the following duty day in full service dress accompanied by their supervisor, first sergeant and squadron commander.

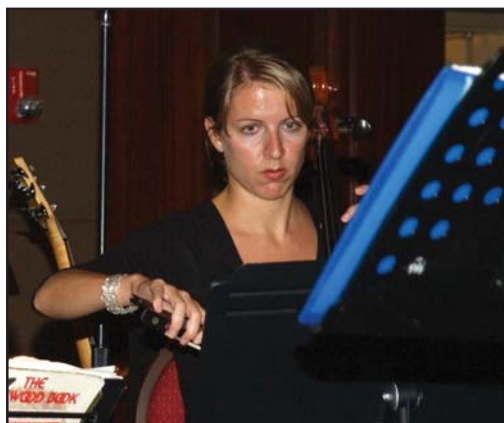


53
saves this
year

963-0437
Charleston AFB's Airman
Against Drunk Driving offers
free, confidential rides home.

Air Force Ball... A night to remember

Photos by Airman 1st Class
Darnell Cannady



Sarah Boronow, part of a classical trio from Summerville, entertains guests during the social hour.



Col. Hetzel Hartley, 315th Aerospace Medical Squadron commander, and his wife, Terri, enter the celebration of the Air Force's 57th birthday through the base honor guards' sword cordon at the Charleston Area Convention Center.

Service dress hats from each military branch honor Prisoners of War and troops Missing In Action from America's past conflicts during the Air Force Ball.



Margot Raven, author of "America's White Table," reads a portion of her book at the beginning of the evening's festivities.



From left to right: Master Sgt. Vanessa Smallsbryant, 437th Airman Leadership School, Chief Master Sgt. Charlotte Branum, 437th Mission Support Squadron, Senior Airman Tyell Foy, 437th Maintenance Operations Squadron, Senior Master Sgt. Janet Osborne, 437th Logistic Readiness Squadron and Master Sgt. Rita Bogart, 437th Communications Squadron, dance and enjoy the live entertainment at the Air Force Ball.



Col. Brooks Bash (right), 437th Airlift Wing commander, and Col. Gary Cook (left), 315th Airlift Wing commander, present the Abilene Trophy to Wilbur Johnson (center), chairman of the board for the Charleston Metro Chamber of Commerce. This Air Mobility Command award is given for outstanding community support to a military base.

AFPC provides link during evacuation

RANDOLPH AIR FORCE BASE, Texas — As Hurricane Frances blew through Florida, 45th Space Wing officials at Patrick Air Force Base, Fla., relied upon the assistance of Airmen at the personnel readiness center to keep track of evacuated people.

Once the evacuation was announced Sept. 2, the center's Airmen prepared for 24-hour operations to respond to callers.

Although calls have tapered off, Airmen will continue to man phones until no longer needed.

"With an estimated 15,000-plus military and civilian evacuees departing for more secure locations, the (readiness center) expected a heavy call volume," said Master Sgt. Eric Barnes, noncommissioned officer in charge of the deployed operations section at the Air Force Personnel Center. "All told, (the readiness center) received about 600 telephone calls (Sept. 2) until (Sept. 6)."

Besides receiving information from the evacuees, the readiness center's Airmen updated callers on the status at Patrick AFB.

Should emergencies arise, Airmen, Department of Defense civilians and their family members can reach the readiness center toll free at (800) 435-9941. **(AFPN)**

General to lead sexual assault team

WASHINGTON — Undersecretary of Defense for Personnel and Readiness, David S.C. Chu, announced the selection of Brig. Gen. K.C. McClain Sept. 9 as the commander of the Joint Task Force for Sexual Assault Prevention and Response.

The task force will support Dr. Chu in advising the secretary of defense on all policy and program development, budget and program oversight matters relating to sexual assault prevention and response within the Department of Defense.

General McClain currently is deputy director of operations for technical training at Air Education and Training Command headquarters at Randolph Air Force Base, Texas. She oversees the planning, direction and implementation of Air Force training policy

for basic military training and for enlisted and nonrated officer training at five AETC locations as well as other Air Force and DOD installations, graduating more than 225,000 students annually.

General McClain also led the AETC Sexual Assault Awareness Review, surveying 13 AETC bases and briefing the secretary and chief of staff of the Air Force. **(AFPN)**

More humanitarian aid on the way to Russia

STUTTGART, Germany — An Air Force C-130 Hercules loaded with more than 10 tons of medical supplies arrived in Vladikavkaz, Russia, Sept. 8 as part of the humanitarian response to the recent terrorist acts at a school in Beslan.

The delivery of surgical supplies and burn-dressing kits from U.N. humanitarian response depot stocks in Brindisi, Italy, designed to support 500 trauma cases, were

given to Russian ministry of health officials.

The drugs and equipment delivered were sent by the Defense Department to support Russia's efforts to deal with the aftermath of the tragic hostage-taking incident that claimed more than 300 lives. Many of the victims were children.

The humanitarian effort, coordinated by U.S. European Command officials, was in response to requests by Russian officials after the United States offered humanitarian assistance, said Col. (Dr.) Edward Huycke, EUCOM's command surgeon. **(AFPN)**

Officials complete F-15 accident board

RANDOLPH AIR FORCE BASE, Texas — Air Force officials completed their investigation of the F-15 Eagle crash that happened May 21 on the shoreline of St. George Island, Fla.

The accident investigation board determined the accident was caused by a chain of events that led to the pilot's unintentional ejection, which ultimately led to the crash.

The pilot, Lt. Col. Patrick Marshall, was assigned to the 1st Fighter Squadron at Tyndall Air Force Base, Fla., when the accident happened. He ejected safely.

Colonel Marshall was conducting an air combat training flight when an air-regulating valve detached from his torso harness and became lodged in the ejection seat handle. When Colonel Marshall turned his head to check his position and pulled the control stick toward him, enough tension was put on the detached valve to raise the ejection seat handle, causing him to eject.

The aircraft continued to fly for 1 minute and 49 seconds before it crashed.

The F-15, assigned to the 325th Fighter Wing at Tyndall, was destroyed. It was valued at \$36.5 million. **(AFPN)**

AIRMEN IN ACTION



Photo by Airman Sam Hymas

Force Protector

Airman 1st Class Kimberly Coates, 437th Security Forces Squadron entry controller, checks identification at the commissary gate. Members of the 437 SFS stand guard at Charleston's gates 24 hours a day in the cold, heat and rain while maintaining the highest level of professionalism.

Around the base

Family readiness training: The Family Support Center hosts a family readiness training from 1 to 2 p.m. Monday for military members and spouses. The training addresses specific readiness issues and provides additional program information to ensure you and your spouse are ready if and when a member deploys. For more information, contact Barbara Lang at 963-5448

Financial peace class: Learn principles to get out of debt and save money. There will be an orientation meeting at 6:30 p.m. Tuesday and Sept. 28 at the Chapel Annex.

Transition Assistance Program: The Family Support Center hosts a workshop oneasing the transition from military life to civilian life 8 a.m. to 4:30 p.m. Tuesday through Thursday. For more information contact Barbara Lang at 963-5448.

Fiesta by the pool: The Charleston AFB Hispanic Council hosts a pool party from 6 to 9 p.m. Saturday. There is no monetary cost to attend this evening filled with music, family and friends. For more information, contact Frank de Aragón at 963-3344 or 297-1250.

Officers Spouses Association: The OSA hosts a September Coffee 6:30 to 8 p.m. Tuesday at the Charleston Club. Come out and learn about OSA and other organizations on base. No reservations are necessary. For more information, contact Tammy Cox at 760-6493

Chapel: The base chapel will not be holding daily mass from Sept. 20 to Oct. 8. If anyone is in need of reconciliation or needs to speak with a priest, call 767-9621.

Library: The base library will be closed from Thursday through Sept. 25 for cleaning.

Commander's access channel: For those looking forward to being selected for senior leadership, the video "How Senior NCOs are promoted" will be playing on the commander's access channel at 9 a.m., noon and 7 p.m. everyday until Sept. 24. For more informa-

Charleston Warrior of the Week

Staff Sgt. Scott Madden

437th Aircraft Maintenance Squadron

Staff Sgt. Scott Madden is an electro-environmental specialist for the 437th Aircraft Maintenance Squadron.

His primary duties include maintaining electrical and environmental systems on the aircraft like pressurization and air conditioning.

"If it's got a wire running to it, we take care of it," said Sergeant Madden.

"I like the opportunity I have to travel the world, if the C-17 is there, so am I," said Sergeant Madden.

"We contribute to Team Charleston's mission by making sure the fliers have airworthy jets to get the supplies to the front lines.

The Ashland, Ky., native joined the Air Force over five years ago to serve his country and to challenge himself to become a better person.

Sergeant Madden volunteers with the 437 AMXS group in feeding veterans at the local shelter and taking care of their adopted grandmother.

He was deployed recently to a forward location in Afghanistan in support of Operation Enduring Freedom in December and to Rhein-Main AB, Germany, from April to July.

Sergeant Madden plans on experiencing as many aspects of the Air Force as he can.

"Sergeant Madden has quickly become an integral part of our supervisory team. His training and mentoring skills are invaluable assets," said Tech. Sgt. Christine Fish 437 AMXS shift chief.

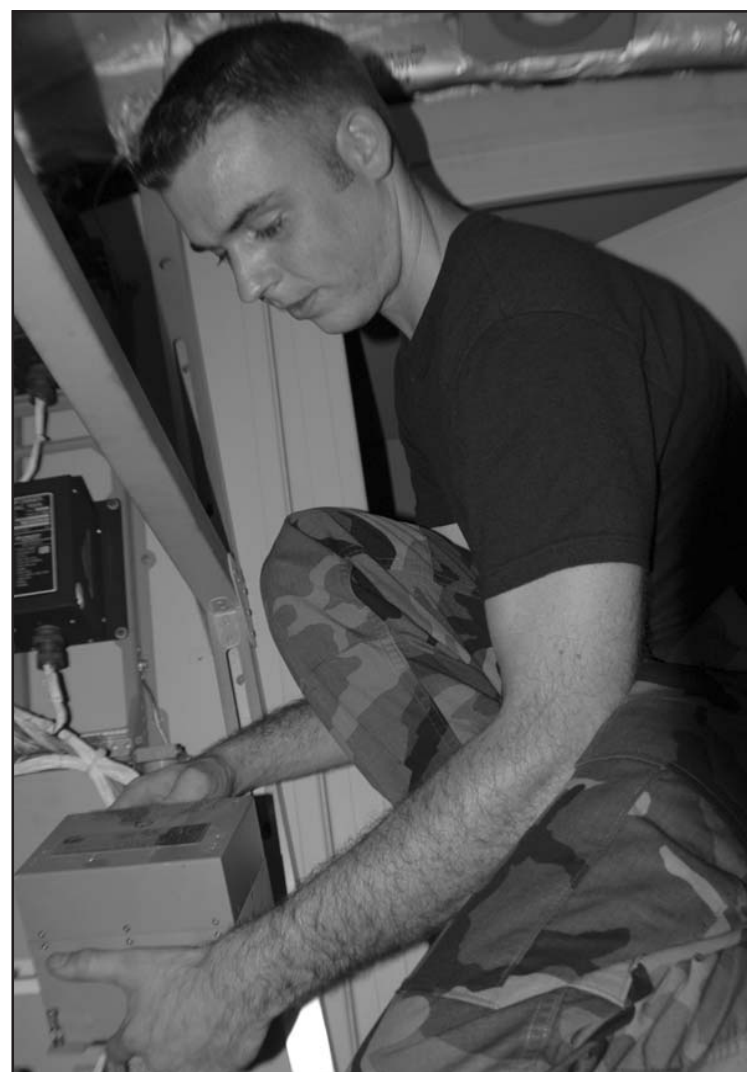


Photo by Airman Sam Hymas

tion, contact the Public Affairs office at 963-5608.

On-base colleges: Registration at all on-base colleges begins Sept. 27 at the education center and continues through Oct. 8. For more information, contact the education center at 963-4575 or 963-7201.

NCO retraining: Air Force officials have announced the start of the 2005 noncommissioned officer retraining program. The NCORP will target approximately 1,098 NCOs to retrain from career fields with NCO overages to those with NCO shortages.

The voluntary phase of the program runs through Sept. 30. If necessary, an involuntary phase will begin shortly afterward. Some restrictions apply, depending on grade and Air Force specialty. Contact the military personnel flight

at 963-4567 or 963-4506 for complete details and a list of available careers to retrain into.

The Olmsted Scholar Program: The Olmsted Scholar Program provides the opportunity to study abroad, obtain a master's degree in a foreign language, and gain an in-depth understanding of a foreign country for junior line officers. For more information, go to www.olmstedfoundation.org.

RAO position: The Retiree Activities Office is looking for a new director. Anyone interested in the position can call Lt. Col. David Peaire at 963-5626.

Idea Program: Do you have an idea? Think something can be improved?

You have the opportunity to challenge and possibly change how

something is being done. Your approved ideas could be implemented locally or Air Force wide, and at the same time, you could profit monetarily.

Submit your ideas at <https://ideas.randolph.af.mil>. Get involved today on making our Air Force a better, more productive place. For more information, contact Tech. Sgt. Cynthia Holt at 963-3073.

Palace chase: There are current openings in the Georgia Air National Guard, Brunswick area. They are looking for electronics, mechanics, communication systems, tactical air command and control specialists and air liaison officers. They are offering a GI bill kicker and tuition assistance. For more information, contact Master Sgt. Kelly Smith at 1-800-743-9231 or DSN:358-5604 or e-mail kelly.smith@gasava.ang.af.mil.

Command Performance

Hey shirt, you got a second?

By Master Sgt. Rob Frank
1st Combat Camera Squadron first sergeant

Wow, it is great to be in the "field" again, isn't it? After several years on staff, you have now arrived at Charleston AFB and are able to get "back to your roots." But alas, you have a "new" challenge — Airmen to supervise again.

Having been a product of a couple of professional military education courses, and able to dust off a few "memories" of how it was back in the day, you think you are ready. No sooner do you start work, when a young troop you have starts exhibiting discipline problems. How are you going to help this guy help himself?

Many folks find themselves in this very situation, or maybe feel the same way when supervising for the first time. Our PME courses do a great job preparing our folks to be supervisors, but if it's been a while since you went to school, sometimes you're at a loss. So what do you do? My best advice is to rely on others: peers, supervisors and most importantly your first sergeant. I've frequently heard, "Hey shirt, you got a sec?" but lost count of how often I wish I had heard that when supervisors are trying to put their troops on the right path.

Here is some advice when it comes to discipline:

1. Prevention is the most important and effective means to a disciplined force. Exemplifying standards, educating your troops and providing timely feedback are critical steps.

2. Correction is appropriate AND necessary when your folks don't meet minimum standards. It can be as simple as a verbal, "Hey, why are you late?... OK, don't let it happen again!"... which could lead to a LOC or LOR. Remember, in accordance with Air Force Instruction 36-2907 (a must read for supervisors), you have to give a member three duty days to respond to adverse administrative actions. Encourage that reply. Not only does it paint the whole picture for future actions, but it will help things "sink in" for the member. Besides, maybe you missed something and a reply is a good "check and balance" for you. When all is said and done, move on and don't hold a grudge. Remember, you want your folks to be successes, not failures.

3. Punishment is not in your court, only the commander's. However, the commander relies on your steady hand through the first two steps and ultimately wants your recommendation for what punishment to take. Stay involved in the process, not only to support the boss, but also to ensure your troop knows you care about what happens.

I would like to leave you with a final thought — don't let pride get in the way of doing the right thing. Know the experts and use them. After nearly four years experience at this gig, occasionally I find myself getting opinions from my peers and co-workers — you should too. No matter how busy your first sergeant looks, it may be an illusion. Don't hesitate to say, "Hey shirt, you got a sec?"

Chapel schedule



107 Arthur Drive
Office: Monday-Friday, 7:30 a.m. - 4:30 p.m.
Phone: 963-2536

After duty hours, call the command post at 963-2531 for emergencies only.

Catholic Services: Saturday - 4:15 p.m. Reconciliation, 5 p.m. Mass. Sunday - 9:30 a.m. Mass, 9:30 a.m. Children's Church. Sacrament of Baptism pre-baptismal classes are held the first Sunday of each month at 11 a.m. in the Chapel Annex. Daily Mass starts at 11:30 a.m. Tuesdays through Fridays.

Protestant Services: Sunday - 8 a.m. Inspirational Worship Service, 9:30 a.m. Sunday School, Bldg. 245, 11 a.m. Traditional Worship Service with Children's Church.

Wednesday- Noon Bible Study

For information on other faith groups, call the Base Chapel at 963-2536.

Movie schedule

Admission: 99 cents for adults and children.

Any person under 17 years of age requires a parent or adult guardian (a minimum of 21 years old) to purchase an admission ticket for the minor to view R-rated movies. The ticket office opens 30 minutes prior to the start of the movie, unless otherwise noted.



Movie schedules are provided by AAFES. Patrons should call 963-3333 to verify movie titles, running times and start times, which are subject to change.

Today 7:30 p.m.

"The Village" — Joaquin Phoenix

The village seems picture perfect, but this close-knit community lives with the frightening knowledge that creatures reside in the surrounding woods. The evil and foreboding force is so unnerving that none dare venture beyond the borders of the village and into the woods. But, when headstrong Lucius Hunt plans to step beyond the boundaries of the town, his bold move threatens to forever change the future of the village. (PG-13) 120 minutes

Saturday, 7:30 p.m.

"The Manchurian Candidate" — Denzel Washington


During the first Gulf War, two U.S. soldiers are taken prisoner and brainwashed into becoming assassins by the enemy. They return home as heroes, though Marco is troubled by vague memories of his brainwashing. Eventually, Marco remembers all and tries to get to Raymond Shaw, who is running for office, to convince him of what he's remembered. (R) 130 minutes

Sept. 24

"Princess Diaries 2"

Sept. 25

"Yu-Gi-Oh! The Movie" and "Collateral"



SAFETY SENSE

RUNNING SAFELY

70%

The percentage of runners who experience injuries each year

30%

The increase in running injuries reported by AMC Physical Therapy since the start of the new Air Force fitness program

To decrease your chance of injury ...

- Invest in good-fitting, shock-absorbing running shoes
- Gradually increase frequency and duration
- Warm up before & cool down after (e.g. walking)

Posture pointers ...

- Keep head level & avoid bouncing; lean forward slightly from ankles, not the waist
- Keep shoulders down & relaxed
- Strike ground heel first, roll to ball of foot and push off from toes
- Take a break if you have pain -- "Rest & Recuperate!"

After months of practice and training, the pressure is on to...

Finish the race

By Tech. Sgt. Mark Kleber
437 AW Public Affairs

John Nowak of the 437th Services Squadron and Jamey Hooper, wife of Capt. Jeremy Hooper of the 437th Medical Group, claimed the overall male and female titles in the Second Annual Charleston AFB Swim-Bike-Run-for-Fun Sprint Triathlon Saturday.

The Charleston Naval Brig team of swimmer Andrew Cruz, biker David Dennis and runner Joshua Allan captured the team crown for the base triathlon, which featured a one-quarter mile swim, a nine-mile run and a 3.1 mile run.

Nowak, 33, who recorded a 59:04 time said the key to his victory was consistency in training.

"I have competed in several triathlons over the years, but for this one I trained specifically for the distances," Nowak said. He trained twice a week for the triathlon. "Each time I go out, I train at least to the same distance of the race I'm competing in. Once a week I do at least double the distance for each event."

Hooper, 27 finished in 1:04:07. Competing in just her third triathlon, she claimed the top overall female crown.

"The swim went best, the bike was the hardest, and the run went OK," said Hooper, a long distance varsity swimmer at Delta State University in Mississippi.

Her training regimen consisted of swimming 3,000 yards three times a week, biking five miles once a week and running four miles two or three times a week. Her husband captured first place in the 30-39 male group with a 1:01:16 time.

"The key to victory was not putting pressure on ourselves and doing the best we could," said Cruz of the victorious Charleston Navy Brig team, which finished in 1:07:04.

It was the first triathlon for Allan and Dennis,

while Cruz has done sprint- and long course-triathlons as a team and sprint triathlons individually.

To prepare for the race, Cruz said he swam over 1500 meters three to five days a week for the last month, while Dennis biked to work daily and Allan ran.

"I do triathlons as a team to get other people interested and involved in activities they might not have otherwise shown an interest in, and it helps to keep fit," Cruz said.

Lynne Best, a 47-year-old dependent with multiple sclerosis, was only able to compete in swimming because MS makes it difficult for her to maintain her balance when she is biking or running. The wife of Master Sgt. Michael Best of the 1st Combat Camera Squadron, she finished the swim in 8:30, almost 90 seconds better than her performance in last year's base triathlon.

"I trained more this year swimming about 2,000 meters every other day and lifting weights once a week. My MS has been better this year, and the warmer water temperature this year helped me to improve my time," said Best.



Photo by Tech Sgt. Rich Kaminsky

Hannah Weiner, wife of 1st Lt. Kenneth Weiner of the 16th Airlift Squadron, completed the 3.1 mile run in 32:19. She has competed in the Cooper River Bridge Run, a half marathon and local 5K races.

"This year's race went smoother than last year and a greater number of participants created a more exciting atmosphere," Race Coordinator Frank de Aragon said. Last year about 40 people participated, while 67 registered this year of which 11 people made up four teams of two or three athletes. Everyone who started the race finished it, he said.

Before the Sept. 11 race, de Aragon asked for a moment of silence "as a way to remember our fallen friends and families whose lives were taken away from us Sept. 11, 2001 and for those fighting to preserve our liberty and freedom across the world."

He said the 2004 race went smoother due to the support of every squadron and flight at Charleston AFB, especially the Fitness and Sports Center, the Outdoor Recreation Center, the 437th Services Squadron, the 437th Security Forces Squadron, the 437th Medical Group, and the many families and friends.



Photo by Tech Sgt. Rich Kaminsky

(From left to right) Carissa Bedford, Christina Bedford and Heidi Kent sprint together during the 3.1 mile run. In the female age group 20-29, Carissa took first, Christina second and Kent third with only 20 seconds separating them.



Photo by Tech Sgt. Rich Kaminsky

Darrell Mosley of the 437th Aircraft Maintenance Squadron peddles hard during the nine-mile biking portion, which he finished in a time of 35:52.



Photo by Tech Sgt. Rich Kaminsky

Scott Bradley of the 437th Operations Support Squadron churns up the pool during the 450-meter swim, which he finished in a time of 11:00.

Fitness tips: Reasons to stop smoking

■ Smoking costs us, as taxpayers, and the Department of Defense big bucks.

According to a 1998 study in Military Medicine, DOD pays in excess of \$545 million annually in direct health care costs and \$346 million annually for lost productivity by active duty members during hospitalizations and smoke breaks.

A tobacco-free Air Force would benefit us all.



■ Did you know children exposed to second hand-smoke at home are more prone to colds, ear infections and allergies than children who aren't?

300,000 children suffer each year from lower respiratory tract infections that can directly be attributed to parent's smoking.

If you must smoke, take it outside.

Sports shorts

Youth soccer season: Youth soccer opening day is set for 9 a.m. tomorrow at the adult softball field. The ceremony will include introducing the teams, team photos and refreshments.

All games are scheduled to start next week with the season projected to run until Nov. 20.

Intramural golf: The 2004 season started Thursday. Matches are held Mondays and Thursdays at Wrenwoods Golf Course.

Intramural bowling: The 2004-05 season starts Tuesday and Wednesday night at the Starlifter Lanes.

Dodgeball (lunch time): The top 16, five-person teams to sign up will make up the competition. The number of teams entering the competition will determine the format. Sign up by

Sept. 29 and games start Oct. 12.

For more information, call the Sports and Fitness Center at 963-3347.

Sports advisory council: The Fitness and Sports Center is currently recruiting for squadron council members.

The next council meeting is set for 2:30 to 4 p.m. Sept. 30 in the HAWC classroom. Squadron representatives should attend this meeting.

Intramural volleyball: 2004 intramural season is underway and games are played beginning at 5:30 p.m. Mondays through Thursdays at the Fitness and Sport Center's Globemaster Court.

Open play volleyball: Open play volleyball is held 9 to 11 a.m. Saturday at the Fitness and Sports Center's Globemaster Court. The level of play ranges from beginner to experienced.

Carolina Girl cruises to victory in Week 1

By the Gridiron Guru

Top-notch pigskin prognosticator

Carolyn "Carolina Girl" Nunnally wrapped up the weekend action with a very impressive record of 13-3 and claimed top honors for Week 1.

Nunnally and Derrick "And the Dominos" Sochor headed into the Monday Night tilt with identical records but the Carolina Girl edged him out by two points in the tiebreaker.

This week's "Stink Out Loud" Award goes to the Baltimore Ravens who were totally embarrassed by the usually hapless Cleveland Browns, and the road does not get any easier as they now host their division rival Pittsburgh Steelers who are fresh off a spanking of the Oakland Raiders.

The Guru was pretty hard on the Cowboys faithful last year, but has decided to give them a one week reprieve.

But beware if they stink it up again next week, I will be on them quicker than the Big Tuna at an all night buffet.

Now onto the week's less dubious awards. This week's "cellar dweller" dunce cap award goes to Jeffrey Schmitz who predicted the week's worst record of 4-12. To add insult to injury, Schmitz also makes the trek into the weekly hall of shame along with Jason "versus Freddie" Mildren and "Prince" Phillip Ravenel for failing to include the total points for the Monday night tiebreaker. The Guru emphatically yells, "Get a clue!"

Now onto my Week 3 stone-cold-lead-pipe locks.

Gridiron Guru's Week 3 picks

Sunday, Sept. 26

Arizona @ **Atlanta**,
Baltimore @ **Cincinnati**
Chicago @ **Minnesota**,
Cleveland @ N.Y. Giant
Houston @ **Kansas City**
Jacksonville @ **Tennessee**
New Orleans @ **St. Louis**

Philadelphia @ Detroit

Pittsburgh @ Miami

San Diego @ **Denver**

Green Bay @ **Indianapolis**

San Francisco @ **Seattle**

Tampa Bay @ **Oakland**

Monday, Sept 27

Dallas @ **Washington**.

Monday Night total points: __

Guru's Monday night points: 41

The Gridiron Guru's picks are in bold and italics.

Swami is not affiliated with the 437th Airlift Wing Public Affairs.

Send your picks to swami@chalreston.af.mil.

Include your name, phone number and any comments in the e-mail.

Picks must be submitted by 4 p.m. Wednesday